

## ABSTRACT OF DISCLOSURE

A substrate with multiple grooves is provided. In one aspect, each groove is for receiving multiple optical fibers. In another aspect, each groove is for receiving a fiber optic coupling. In one embodiment, the substrate includes an elongate member with multiple grooves disposed along an exterior surface. In another embodiment, the substrate includes multiple elongate members, each having a groove disposed along an interior surface. The substrate may be used in a fiber optic device. In one embodiment, the method of using the substrate includes: a) receiving fiber optic cables in a first groove; b) connecting optical fibers of each cable together in a connecting region of the first groove; c) selecting at least one of the coupled fiber optic cables from the first coupling and severing the selected fiber optic cable(s); and d) performing steps a) through c) for a second groove.

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